

PRESCHOOL/YOUTH ACTIVITIES

Toddler Yoga w/Mobile Mommy Fitness (Ages 12-36 mos.) (6 classes) NEW

Yoga can be fun to do as your toddler crawls through your downward facing dog or joins in to roar like a lion. Adding challenge and enjoyment, your toddler will spend time coaching, cheering and exercising with you. Great yoga workout and fun with your little one. Bring yoga mats.

Session I: Thurs., 10:15-11 a.m., Jan. 8-Feb. 12 (Code 9916)

Session II: Thurs., 10:15-11 a.m., Feb. 19-Mar. 26 (Code 9917)

Location: Friendship Center, Room 118

Fee: \$68R/\$71NR/\$58M

Baton Twirling (Ages 3-5) (8 classes) NEW

Learn the basic fundamentals of twirling baton. Have fun while improving eye hand coordination, memory, flexibility, following directions and team work.

Dates: Fri., 9:30-10:15 a.m., Jan. 9-Feb. 27

Location: Friendship Center, Gym #2

Fee: \$54R/\$57NR/\$45M (Code 9940)

Smurfs Soccer Clinic (Ages 3½-5) w/Ricardo (3*-4 classes)

Instructional clinic with age-appropriate skills, drills and games. Some parent participation expected. Must be age 3 as of 9/1/08.

A. Tues., 5:15-6 p.m., Jan. 6-27 (Code 9872)

B. Tues., 6:05-6:50 p.m., Jan. 6-27 (Code 9873)

C. Tues., 9:45-10:45 a.m., Feb. 3-17 (Code 9874)*

D. Tues., 5:15-6 p.m., Feb. 17-Mar. 10 (Code 9875)

E. Tues., 6:05-6:50 p.m., Feb. 17-Mar. 10 (Code 9876)

Location: Friendship Center, Gym #1 *Gym #3

Fee: \$45R/\$48NR/\$38M

Tae Kwon Do for Tots (Ages 4-5) (6 classes)

Develop coordination, motor skills, listening skills, focus, leadership, following directions and fun discipline.

Dates: Thurs., 10-10:45 a.m., Jan. 8-Feb. 12

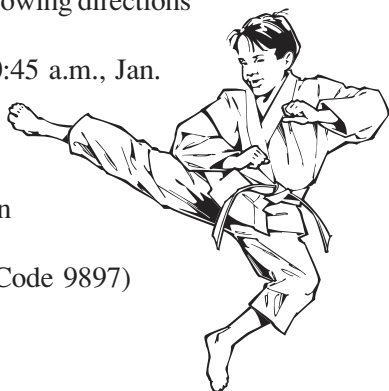
Location: Hbg.

Inst. of Tae Kwon

Do, 5000 Linglestown

Rd.

Fee: \$32R/\$37NR (Code 9897)



Child Runway w/Fashion Mystique Modeling & Beauty Salon (Ages 4-6) (4 classes)

Learn the fundamentals of runway/or pageant preparation including proper posture, projection and three basic runway turns.

Dates: Weds., 5-6 p.m., Jan. 14-Feb. 4

Location: Friendship Center, Room 106

Fee: \$53R/\$56NR/\$45M (Code 9924)

Intro. to Tae Kwon Do (Ages 5-12) (6 classes)

Geared to develop basic techniques as well as self-defense focus, listening skills, leadership, following directions along with fun and discipline.

Dates: Tues., 6:15-7 p.m., Jan. 6-Feb. 10

Location: Hbg. Inst. Tae Kwon Do, 5000 Linglestown Rd.

Fee: \$47R/\$52NR (Code 9898)

Young Scientists (Ages 6-8) (4 classes) NEW

Have fun being a scientist and make fantastic fizzies and slimy surprises, mix your own colors, and build a space-ship! Shaping young scientific thinkers means teaching kids to ask questions and experiment. You'll love making various sticky slimes, discovering levers, playing with magnets, magnifying glasses and more, while learning about your world.

Dates: Thurs., 4-5 p.m., Jan. 8-29

Location: Friendship Center, Room 106

Fee: \$41R/\$44NR/\$35M (Code 9942)

— THANKS —

TO THE FOLLOWING SPONSORS

Costco & Wal-Mart: Great Pumpkin Hunt By Flashlight

Starbucks, Giant Food Stores & Commerce Bank:

TurkeyRama

Commerce Bank: Diaper Derby

NEED A BABYSITTER?

Call 657-5635

for a list of sitters
who have passed
the Red Cross
Babysitting
Certification class.



YOUTH AND TEEN

Roller Skating (Ages 5+) (6 classes)

Learn to roller skate. Class includes lesson/instruction, skate rental and participant's practice time (additional time after lesson during open skate time).

Dates: Wed., 5-6:15 p.m., Jan. 7-Feb. 11 (Code 9861)
OR-Sat., 11a.m.-12:15 p.m., Jan. 10-Feb. 14 (Code 9862)

Location: Wheels On Fire Skating Rink, 7500 Derry St.
Fee: \$65R/\$70NR

Dinosaur Mania (Ages 6-8) (4 classes) NEW

This camp is for the wannabe paleontologist with lots of activities, stories, songs, and games centered on the ancient reptiles! Make dino arts and crafts, learn the names of favorite dinos, make dino tooth necklaces, play dino concentration, make a hatching dino baby in an egg, excavate toy dinos and more!

Dates: Thurs., 4-5, Feb. 5-26

Location: Friendship Center, Room 106

Fee: \$38R/\$41NR/\$32M (Code 9973)

Squirts Soccer Clinic (Ages 6-10) w/Ricardo (4 classes)

Instructional clinic with age-appropriate skills, drills and games. Small-sided intramural league focused on fun.

Dates: A. Tues., 6:55-7:40 p.m., Jan. 6-27 (Code 9869)

B. Tues., 6:55-7:40 p.m., Feb. 17-Mar. 10 (Code 9870)

Location: Friendship Center, Gym #1

Fee: \$45R/\$48NR/\$38M

Indoor Tennis Clinnic w/Ricardo (Ages 6-13) (4 classes)

Bring youth sized racket.

AGES 6-9:

Tues./Thur., 5:15-6 p.m., Feb. 3-12 (Code 9867)

AGES 10-13:

Tues./Thur., 6:05-6:50 p.m., Feb. 3-12 (Code 9868)

Location: Friendship Center, Gym #1

Fee: \$45R/\$48NR/\$38M



Youth Bowling Instruction (Ages 6-12) (6 classes)

Basics of bowling along with fun games.

Dates: Wed., 4:15-5:15 p.m., Jan. 7-Feb. 11

Location: ABC Bowling Lanes, Locust Lane

Fee: \$35R/\$40NR (Code 9923)

PADI Discover Scuba (12+)

Intro to scuba in a highly supervised manner. Learn dive safety, and equipment. Give it a try w/Ron Willis.

Date: Saturday, 1-2:30 p.m., January 10

Location: Friendship Center, Lap Pool

Fee: \$17R/\$20NR/\$15M (Code 9945)

Basic Chinese Conversation and Culture (Ages 6-12) (10 classes) NEW

The objective of this course is to introduce the student to basic Chinese conversation and culture. The class will cover topics including greetings, tones, Chinese characters and cultural topics such as festival, food, history, geography and art.

Dates: Tues., 5-6 p.m., Jan. 6-Mar. 10

Location: Friendship Center, Conf. Room

Fee: \$77R/\$80NR/\$65M (Code 9970)

Homework Helper and Study Skills Time (Ages 8-13) (10 classes) NEW

Need help with your homework? Confused? Having trouble finding time to do homework. MUST BRING HOMEWORK.

Dates: Tues., 3-5 p.m., Jan. 20-Mar. 24

Location: Friendship Center, Room 112

Fee: \$65R/\$68NR/\$55M (Code 9978)

Teen Time Out! (Ages 13-17) (10 classes) NEW

Take time out to enjoy recreating with peers. Supervised activities for teens. Jump start your weekend.

Dates: Fri., 5-7 p.m., Jan. 23-Mar. 27

Location: Friendship Center, Room 112

Fee: \$65R/\$68NR/\$55M (Code 9977)

Learn to Juggle (Ages 12+) (4 Classes)

Want to entertain at your next party? Learn how to juggle. Clown Around Town, Ltd., will teach the basicing and finish with passing routines. Bring can of tennis balls.

Dates: Thurs., 6-7 p.m., Jan. 22-Feb. 12

Location: Friendship Center, Room 112

Fee: \$39R/\$42NR/\$33M (Code 9991)



YOUTH AND TEEN (CONT.)

Youth Exercise w/Bentz (Ages 7-12)

General fitness, weight management and sports related exercise consultation. Unique program designed by trainer/P.E. teacher.

Date: By appointment

Location: Friendship Center, Fitness Center

Fee: \$32R/\$35NR/\$30M (Code 9927)

Baton Twirling (Ages 5+) (8 classes)

Learn the basic fundamentals of twirling baton. Have fun while improving eye hand coordination, memory, flexibility, following directions and team work.

Ages 5-9: Weds, 4:30-5:15 p.m., Jan. 7-Feb. 25 (Code 9936)

Ages 9-12: Weds, 5:15-6 p.m., Jan. 7-Feb. 25 (Code 9937)

Ages 13+: Weds, 6-6:45 p.m., Jan. 7-Feb. 25 (Code 9939)

Location: Friendship Center, Gym #1

Fee: \$54R/\$57NR/\$45M

Teen Athletic Enhancement/Peak Performance Conditioning w/Bentz (Ages 13-18) (12 classes)



New and innovative sports conditioning program taught by professional strength, conditioning coach and FC Personal Trainer.

Dates: Mon., Wed., Fri., 4-4:45 p.m., Jan. 5-Jan. 30

Location: Max Fitness, 3401 N. 6th St., Harrisburg

Fee: \$100R/\$105NR (Code 9955)

Financial Education Program w/CommerceWow! Zone (Ages 7-9)



It's important to teach kids and teens the concepts of banking and the importance of saving and making investments. Parents may stay for adult presentation.

Date: Saturday, Jan. 24, Feb. 7, and Feb. 21, 9-10 a.m.

Location: Friendship Center, Room 106 (Code 9990)

Fee: \$5R/\$8NR/Free to Members! Must pre-register.

Open Dodgeball (Ages 14+)

Come re-live your playground days. No organized teams. Co-ed. Must pre-register.

Dates: Tues., 6-7 p.m., Jan. 6-Mar. 10

Location: Friendship Center, Gym #2

Fee: \$55R/\$66NR/Free to Members! (Code 9950)

Small Group Personal Training Sessions w/Karen & Lori (4 sessions)

Personal training in a small group setting for the female athlete.

Dates: TBA

Location: Friendship Center, Fitness Center

Fee: \$78R/\$81NR/\$65M (Code 9859)

Teen Aqua Fit w/Darryl (Ages 12+) (10 classes)

Work on flexibility, balance, and get motivated to move. Learn muscle groups. Bring aqua shoes or sneakers. Aqua fitness equipment used.

Dates: Sat., 12:30 -1:30 p.m., Jan. 10-Mar. 14

Location: Friendship Center, Lap Pool

Fee: \$32R/\$37NR/\$26M per person (Code 9908)

Volleyball Skills Session (Ages 12-17) (8 classes)

Have fun while working on game strategy, positions and honing of skills, particularly passing. Beginner to intermediate. For junior high and high school wannabe's.

A. Boys, Fri., 7-8 p.m., Jan. 9-Feb. 27

(Code 9864)

B. Girls, Fri., 6-7 p.m., Jan. 9-Feb. 27

(Code 9863)

Location: Friendship Center, Gym #2/#3

Fee: \$48R/\$51NR/\$40M

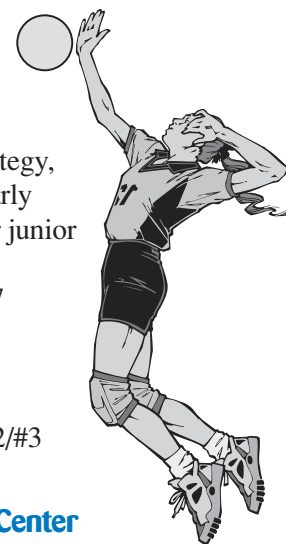
Practice SAT's w/Sylvan Learning Center (Ages 13+)

Learn what to expect when taking the SAT's. Join us for a practice. Students receive scores and an analysis showing strengths and weaknesses.

Date: Saturday, January 10, 9 a.m.-12:45 p.m.(Code 9888)

Location: Friendship Center, Room 106

Fee: \$5R/\$8NR/Free to Members! Must pre-register



USED ATHLETIC SHOES NEEDED!

The Friendship Center is collecting used or new athletic shoes to support families in Ghana West Africa through the PPPF foundation. We need: new or used sneakers (used but not abused) Size 7 and up and soccer cleats of all sizes. Just tie the laces together and bring them to the center! For more info, call 657-5635, ext. 112.

YOUTH AND TEEN



SPECIAL NEEDS PROGRAMMING

The Friendship Center in collaboration with Easter Seals of Central Pennsylvania is proud to announce the addition of therapeutic recreation programs for children and adults with disabilities to its recreation programs.

To participate in any Easter Seals program an additional \$20 one-time annual registration fee must be sent to: Easter Seals Central PA

**Attn: Therapeutic Recreation Department
2201 S. Queen Street
York, PA 17402**

**For additional information, please go to
www.eastersealscentralpa.org
or contact Alli Morey at 591-7027 ext. 5386.**

“Splash It Up” (All Ages)

Designed to accommodate the needs and abilities of participants with disabilities or special needs as well as a friend or sibling. Lessons adapted to the level of swimmer. Lessons are 1:1 or 1:2 ratio. Learn water safety and swimming skills along with physical fitness and social interaction skills.

Dates: Thurs., 6-6:30 p.m., Jan. 15-Feb. 19 (Code 9884)

Thurs., 6:30-7 p.m., Jan. 15-Feb. 19 (Code 9885)

Thurs., 6-6:30 p.m., April 2-May 7 (Code 9886)

Thurs., 6:30-7 p.m., April 2-May 7 (Code 9887)

Location: Friendship Center, Leisure Pool

Fee: \$80 per person

BODY PUMP

Body Pump (Ages 16+)

New! Exciting! Body Pump comes to the Friendship Center. The 60-minute workout challenges all your major muscle groups by using the best weight-room exercises like squats, presses, lifts and curls. Great music, awesome instructors and your choice of weight inspire you to get the results you came for . . . and fast!

Dates: (1 day per week) (10 classes-60 min.)

*Mon., 7:30-8:30 p.m., Jan. 5-Mar. 9 (Code 9848)

Wed., 7:15-8:15 p.m., Jan. 7-Mar. 11 (Code 9849)

Thurs., 4:30-5:30 p.m., Jan. 8-Mar. 12 (Code 9846)

Sun., 12-1 p.m., Jan. 11-Mar. 15 (Code 9842) (see Sun. Spin)

Sat., 9:15-10:15 a.m., Jan. 10-Mar. 14 (Code 9843)

Location: Friendship Center, Room 118 (*East Annex)

Fee: 1/week (60 mins.) — \$44R/\$48NR/\$37M

Dates: (2 days per week) (20 classes-45/60 min.)

Mon./Wed., 5:40-6:30 a.m., Jan. 5-Mar. 11 (Code 9845)

Fee: 2/week (45 mins.) — \$62R/\$67NR/\$54M

Mon./Wed., 9:30-10:30 a.m., Jan. 5-Mar. 11 (Code 9847)

Fee: 2/week (60 mins.)-\$72R/\$75NR/\$60M

Location: Friendship Center, Room 118

Dates: (1 day per week) (10 classes-45 min.)

Fri., 5:40-6:30 a.m., Jan. 9-Mar. 13 (Code 9841)

Location: Friendship Center, Room 118

Fee: 1/week (45 mins.) — \$32R/\$37NR/\$27M

Add Some Spin! w/Mary Jo (Ages 16+) (10 classes)

NEW

Follow Body Pump with 1/2 hour spin or just come spin!

Dates: Sun., 1:10-1:40 p.m., Jan.11-Mar. 15

Location: Friendship Center, Room 115

Fee: \$32R/\$35NR/\$30M (Code 9959)

Combine It! w/Mary Jo (Ages 16+) (10 classes)

NEW

Combo of spin and body pump. Cardio and strength all in one. Great combination!

Dates: Tues., 9:30-10:30 a.m., Jan. 6-Mar. 10

Location: Friendship Center, Room 112/115

Fee: \$36R/\$39NR/\$30M (Code 9954)

